



Finding Meaning in Life, at Midlife and Beyond: Wisdom and Spirit from Logotherapy (Social and Psychological Issues: Challenges and Solutions)

By David Guttman

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Having been mentored by Viktor E. Frankl, the founder of logotherapy, Emeritus Professor David Guttman authored this book so general readers may understand this approach to finding meaning in life at the point when most of us begin deeply wondering over that question, at midlife and beyond. Especially in this day and age of multiple demands on our time and seemingly non-stop obligations, we too often find that it is only when the dust settles, after a work day or work week, or even after retirement, when we begin to wonder: What is the meaning of life? The purpose? This book is a new millennium venture into those questions and their answers using logotherapy, written by a sage understudy who recalls Frankl, with his logotherapy, as the epitome of his theory even at 80 years old, wise and witty, exuding an energy, enthusiasm and youthful spirit that belied his years by decades. Aging does not diminish our power, our energy, and our quest for life, but reshapes it with new understandings, goals, and needs. But, says Guttman, we live in a technical and machine-based world now, in which there is a danger of losing our souls. Here, readers find a new, creative perspective on aging and a fresh spiritual outlook.

This book will be of interest not only to general readers, especially those at midlife and beyond, but also to their families, friends, and students or professionals in the helping professions. This unique work provides knowledge to find meaning in life derived from the fields of philosophy, psychology, religion and gerontology, with case illustrations and vignettes to give readers both intellectual pleasure and practical guidance.

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Editorial Review

Review

"Using a unique mix of serious socio-psychological theories, along with real life stories and experiences with treating older persons, Professor Guttman's book is a tour-de-force of humanistic thought, which provides an approach to a meaningful and optimistic future to every aging person, and every aging society."-Dr. Israel Doron, Senior Lecturer, Department of Gerontology & School of Social Work, The University of Haifa, Israel

"Guttman has created a unique work that will endure. Guttman shows that this insight is supported by past and present philosophers, novelists, and social scientists. The result is a timeless, comprehensive and eminently interesting readable book. At the same time there is much wisdom and practical suggestions for handling what aging brings to all people."-Harris Chaiklin, PhD, Professor emeritus, University of Maryland, School of Social Work

"Finding Meaning in Life, at Midlife and Beyond introduces the reader to the theory of logo-therapy as applicable to both professionals and the general public. Professor Guttman offers an important perspective in this book for persons willing to learn how to find meaning in later years of life. Aging does not diminish one's quest and interest in life-but provides it with new designs and challenges accumulated over the years."-Zev Harel, Ph.D., Professor, School of Social Work, Cleveland State University

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About the Author

David Guttman is Emeritus Professor and former Dean of the School of Social Work at the University of Haifa in Israel. An internationally known expert on logotherapy, and personal friend of the late Viktor E. Frankl - the famed founder of logotherapy - author Guttman received the Grand Award for lifetime achievement in logotherapy from the Viktor Frankl Foundation and the City of Vienna in 2003. In other roles that helped fuel the issues raised in this book, he served as Presidential appointee to the White House Conference on Aging, Founding Member of the Southern Gerontological Society of America, Academic

Advisor to the Golda Meir International Training Center in Community Development, and Director at the Center for the Study of Aging at the National Catholic School of Social Service at Catholic University of America. He has authored, co-authored, or edited 12 earlier books.

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